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# metro

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Tuesday, January 24, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

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Q&A with actor Billy Crudup. 23

Super Bowl will be full of ex-Rutgers players. 28

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A member of Physicians for Social Responsibility gives Metro his take on what the Donald Trump presidency means to those working to prevent nuclear war. 4

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## TRUMP PULLS US OUT OF PACIFIC TRADE DEAL

**I** President Donald Trump formally withdrew the United States from the Trans-Pacific Partnership trade deal, distancing America from its Asian allies as China's influence in the region rises. Fulfilling a campaign pledge to end American involvement in the 2015 pact, Trump signed an executive order in the Oval Office pulling the United States from the 12-nation TPP. "Great thing for the American worker," Trump said as



he signed the order on his third full day in office. The Republican says the trade deal would have damaged U.S. manufacturing. The accord, backed heavily by U.S. business, was negotiated by former President Barack Obama's administration but never approved by Congress. **REUTERS**

## FOX NEEDS PATRIOTS TO DRIVE RATINGS

**2** Fox will have to rely on the popularity of the New England Patriots as they face the less-celebrated Atlanta Falcons if it wants to draw a record U.S. television crowd for the Super Bowl. The 21st Century Fox unit is set to broadcast the 51st edition of the National Football League's title game on Feb. 5 in what is traditionally the most-watched TV show of the year with

viewership of more than 100 million. Big Super Bowl ratings are particularly important this year as the NFL is coming off a season in which it saw its average TV audience drop by 8 percent. The league was hoping the playoffs would continue its post-U.S. election turnaround but the post-season has been filled with one-sided matchups, with an average margin of victory of 15.7 points. **REUTERS**



## IRAQI FORCES RECAPTURE EASTERN MOSUL

**3** Iraqi officials said on Monday government forces had taken complete control of eastern Mosul, 100 days after the start of their U.S.-backed campaign to dislodge Islamic State militants from the city. The deputy parliament speaker announced the capture of the east of the city, Islamic State's last major stronghold in Iraq, after a meeting with Prime Minister Haider al-Abadi.



"We completed the total liberation of the left bank of Mosul and this is a gift to the Iraqi people," said Sheikh Humam Hamoudi in a statement. **REUTERS**



## TRUMP MEETS WITH UNION LEADERS

**5** President Donald Trump holds a meeting with union leaders in the Roosevelt Room of the White House on Monday. **GETTY IMAGES**

## SAMSUNG SAYS BATTERIES CAUSED NOTE 7 FIRES

**4** Samsung Electronics Co. Ltd. indicated on Monday that its latest flagship Galaxy S smartphone could be delayed as it pledged to enhance product safety following an investigation into the cause of fires in its premium Note 7 devices. Wrapping up its months-long probe, the world's top smartphone maker said faulty batteries from two suppliers were to blame for a



product failure that wiped \$5.3 billion off its operating profit. Samsung mobile chief Koh Dong-jin said procedures had been put in place to avoid a repeat of the fires as the South Korean firm prepares to launch the Galaxy S8, its first premium handset since the Note 7's demise. **REUTERS**

## WELCOME TO METRO.US!



**ALEXIS SACHDEV, WEB PRODUCER**  
Day 4 in President Donald Trump's America, and he still hasn't released tax returns spanning several decades. Thousands have signed petitions to pressure the president into disclosing his financial information, and activists are planning protests for Tax Day. Still, Trump's top aide, Kellyanne Conway, said they can't release anything until the IRS wraps up an audit. **metro.us/trump**

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# Will we move closer to nuclear war under President Donald Trump?

Metro asked a leading opponent of nuclear weapons proliferation what the nation might expect of its new president.



GARY KANE  
@MetroNewYork  
gary.kane@metro.us

Dr. Philip Lederer is a member of the Physicians for Social Responsibility, an affiliate of the International Physicians for the Prevention of Nuclear War, which was awarded the Nobel Prize for Peace in 1985. Lederer is an infectious diseases physician in Boston, Massachusetts. Metro interviewed Dr. Lederer to get his take on how a Donald Trump presidency might impact the nuclear weapons climate.

**What did you make of President Donald Trump's tweet last month that the U.S. "must greatly strengthen and expand its nuclear capability"?**  
The U.S. currently has over 5,000 nuclear warheads, over 1,000 of which are on hair-trigger alert and can be launched in minutes. Just 100 of these weapons, detonated over cities anywhere in the world, would disrupt global climate enough to cause a worldwide famine that would put two billion people at risk of starvation. This is extremely concerning.

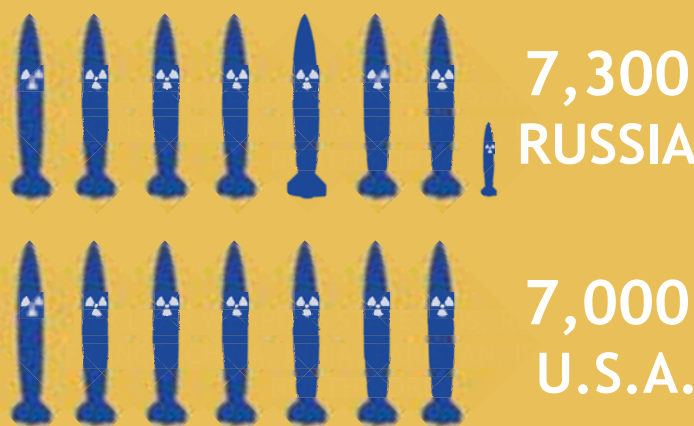
**Trump also declared during a Republican town hall in April that the proliferation of nuclear weapons is "going to happen anyway." Is proliferation inevitable?**

Nuclear proliferation will happen if the U.S. and the other nuclear weapons states continue to insist that they need to have nuclear weapons for their security. If the U.S. and Russia need them, why don't other countries?

But it is not inevitable if the nuclear



**NUCLEAR WEAPONS STATES: U.S., RUSSIA, U.K., FRANCE, CHINA, INDIA, PAKISTAN, ISRAEL, NORTH KOREA**



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weapons states meet their obligations under the Non-Proliferation Treaty to negotiate the elimination of their own arsenals and work together, as they did in the case of Iran, to dissuade potential proliferators.

The choice is ours. We can have a world free of nuclear weapons or a world awash in

nuclear weapons. To the medical community, it is clear which would be safer.

**Do you feel the unusual mutual respect between Trump and Russian President Vladimir Putin could eventually lead to a reduction in nuclear arms by both nations?**

I do hope that a U.S./

Russian nuclear deal might result from this relation, and Trump and Putin have an amazing opportunity to finish what Reagan and Gorbachev started. But it is hard to imagine either the U.S. or Russia wanting to give up the weapons that make them the toughest kid on the block without a lot of pressure.



A deactivated Titan II nuclear ICMB seen in a silo at the Titan Missile Museum.  
GETTY IMAGES

## Contact information

Information about the International Physicians for the Prevention of Nuclear War is available at [ippnw.org/](http://ippnw.org/)

Information about Physicians for Social Responsibility is available at [psr.org/](http://psr.org/)

**Do you think the American public would support the use of tactical nuclear weapons by the Trump administration against a terrorist organization such as ISIS?**

I certainly hope they would not. We cross the red line banning the use of nuclear weapons at enormous peril. Even a limited use of tactical weapons would destroy the global consensus that has helped to prevent their use since Nagasaki.

**What is the 2017 agenda of International Physicians for the Prevention of Nuclear War?**

IPPNW will work with our national affiliates like Physicians for Social Responsibility here in the U.S. and with the

International Campaign to Abolish Nuclear Weapons to support the negotiations at the UN for a new treaty to ban nuclear weapons. These negotiations are the most hopeful step toward the prevention of nuclear war since the end of the Cold War, and a rare ray of light at this dark time.

**What prompted you to become involved in the International Physicians for the Prevention of Nuclear War?**

My 2-year-old son, Joseph Lederer. He is the light of my life, and I want him to live in a peaceful world. As a physician, I recognize that nuclear weapons are the greatest threat to human health in history. A large-scale nuclear war will mean the end of human civilization and possibly the extinction of our species. It is a miracle that we have survived the last 70 years without a nuclear war, and we cannot expect our good luck to hold out indefinitely. As physicians, we have a duty to protect our patients, and as citizens of the Earth, we have a duty to protect our children from this terrible danger.

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# Parks officials chided for 'unacceptable' delays

Council members demand answers for seven-year playground projects.



AMANDA MIKELBERG  
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Money to renovate the Booker T. Washington playground at West 108th Street and Amsterdam Avenue was allocated over four years ago, but the upgrade isn't expected to be completed for three or more years.

Similarly, cash for improvements to the Broadway Malls from West 137th through 139th streets was allocated over four years ago. Completion is slated for 2019.

"The fact that it takes four, five, six years to complete parks projects, even relatively small ones, is just unacceptable for members of the council," City Council Member Mark Levine told Metro. "It's just tremendous frustration for the slow pace of this work."

The city's Department of Parks and Recreation is on the hot seat for what appears to be excessive delays and costs in renovating playgrounds, pouring asphalt and building bathrooms.

"We're talking about renovating playgrounds," said Levine, who chairs the council's parks committee. "There's just no reason that needs to take seven years."

Discontented city council members grilled parks commissioner Mitchell Silver at a special hearing Thursday on why simple parks projects lag in comparison to the city's larger, more complex capital projects, such as schools. They proposed legislation mandating more frequent updates on the status of projects.

There are currently 549 projects in various stages of development in the city's 1,900 public parks.

Last year, 97 of 101 parks projects in the construction phase were completed "on time," ac-



City Councilman Mark Levine at a hearing with the NYC Department of Parks and Recreation. NYC COUNCIL/WILLIAM ALTRISTE

cording to parks department records. However, council members argue that those figures don't reflect the entire lifespan of projects.

Council members at the hearing were also flabbergasted to hear the current cost of building the average comfort station — park restroom — is now nearing \$3 million, a 175 percent increase since 2011.

"It's almost impossible

to believe," Levine said. "It's not a complicated project. It's a two-room house when it comes down to it."

But the bombshell revelation from the hearing is that the parks department doesn't measure how long a project takes from the time it's funded, Levine said. Instead, the department starts the clock when construction begins, not accounting for design or procure-

ment lengths.

Silver assured the council members that streamlining the process is his top priority, and since he took the position in 2014 he has reduced drags in the design phase by two months, and reduced paperwork processing from two weeks to two days.

Mitchell, joined by Therese Braddick, deputy commissioner for capital projects, and Matt Drury, director of

government relations, attributed some of the delays to cumbersome regulations.

The commissioner noted that the online Capital Project Tracker tool he helped launch in 2014, which allows the public to look up the status of any capital project, as an example of the department's transparency.

"Since taking office in 2014, Commissioner Silver has led comprehensive reforms to the capital process that have reduced overall project time by approximately six months. These reforms include reducing change orders, standardizing design and increasing transparency with our Capital Projects Tracker," parks representative Sam Biederman told Metro in an email.

"The commissioner has clearly done a lot of work internally, but we don't know yet what kind of gains we're making because we are not measuring the full timeline," Levine said.

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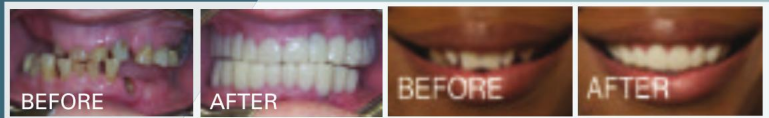
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## Glassdoor's top jobs in 2017



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### Glassdoor's Top 10:

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2. DevOps Engineer  
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3. Data Engineer  
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4. Tax Manager  
Median base salary: \$110K
5. Analytics Manager  
Median base salary: \$110K
6. HR Manager  
Median base salary: \$85K
7. Database Administrator  
Median base salary: \$85K
8. Strategy Manager  
Median base salary: \$85K
9. UX Designer  
Median base salary: \$85K
10. Solutions Architect  
Median base salary: \$125K

If you're looking to make a career change in 2017, you're in luck.

Glassdoor just released its ranking of the 50 best jobs in America. With 14 positions on the job and recruiting marketplace's annual list, tech remains one of the hottest industries to make a living. Data scientist claimed the top spot for the second year in a row.

To compile its ranking, Glassdoor looked at potential salaries, the amount of job openings (as of Jan. 1) and overall job satisfaction based on ratings shared by U.S. employees over the past year.

"This report reinforces that the best jobs are highly-skilled and are staying ahead of the growing trend toward workplace automation," Glassdoor Chief Economist Andrew Chamberlain said. "Nearly half the list is comprised of jobs within the fast-growing technology, healthcare and finance industries."

The time to find a job in these sectors has never been better as Chamberlain added that any company "with a mobile app, web presence or digitized data are struggling to fill jobs like data scientists, software engineers and mobile developers."

NIKKI M. MASCAU

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# Musicians protest efforts to chase them out of newly opened subway stations

Performers say they obey rules set by the MTA.

GREG SANDOVAL  
@MetroNewYork  
letters@metro.us

Last spring, harmonica player Gary Cobin was preparing to perform for commuters inside Brooklyn's Church Street subway station when a cop warned him to get out.

Cobin politely responded that it was perfectly legal to play there.

Though he was new to busking (performing publicly for donations), the 71-year-old Cobin had read the rules for musicians set down by the Metropolitan Transit Authority (MTA).

The policeman was unsuayed. "When I come back here, you better be gone," he warned Cobin.

"He's the one with the gun, so I left," Cobin told Metro.

But Cobin returned the next week "determined to go to jail or do whatever I had to. I



Gary Cobin, who has been playing harmonica on the streets for about a year, was one of the musicians who protested at the new 72nd Street subway station. GREG SANDOVAL

wasn't going to put up with this."

He shouldn't have

to, said Matthew Christian, a violinist, and co-founder of BuskNY, a

group that advocates for street musicians. Christian said that since 1985, the MTA has allowed music artists to perform in subway stations as long as they obeyed regulations, such as not blocking traffic and keeping the sound low enough for loud-speaker announcements to be heard.

Despite the MTA's policy, despite the public relations setbacks suffered by the NYPD after videos of cops wrongly arresting musicians went viral, and despite the sums the city has paid to compensate some of those artists, police continue to boot performers from subways, according to BuskNY.

BuskNY supporters gathered last week at the new Second Avenue station on the Upper East Side to protest what they say is NYPD's attempt to bar musicians from that location.

Police have harassed musicians numerous times there, though it

is only three-weeks old, Christian said. He told protesters that MTA celebrates art at the station by prominently displaying murals. He noted, however, that music artists "have very often been wrongfully ejected from the stations."

The musicians say police still don't seem to know MTA's rules. Some officers have told them that to perform in the subways they must be a member of Music Under New York, the MTA-directed arts program. BuskNY argues that while MTA sets aside choice times and spots for members to perform, a membership isn't required.

MTA seemed to confirm that in a statement. "Any musician is welcome to perform in the New York City subway," provided they followed the aforementioned regulations. The key word is "any." MTA said it plans to "remind" police about the rules.

*"He's the one with the gun, so I left."*

Gary Cobin

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## NO MAS

**White House website en español not available; admin says it's a work-in-progress**

The issue "climate change" and a page for the LGBT community disappeared from the White House website after President Donald Trump took his oath of office on Friday, but another missing link is the White House en español option.

The new Whitehouse.gov does not offer a Spanish-language version of the site as it did when Presidents Obama and Bush were in office.

"As you know, we hit the ground running on Day 1. There was a lot to do and we had done a lot of work on the website to make sure that we were prepared to get as much information up as fast as possible," White House spokesman Sean Spicer said at a news conference on Monday. "We are continuing to build out the website, both in the issue areas and then that area."

"But we've got the IT folks working overtime right now to continue to get all of that up to

speed. And trust me, it's just going to take a little bit more time, but we're working piece by piece to get that done."

Spicer did not say when the website would be fully up and functioning.

Under the U.S. Constitution, there is no official language for the nation, but Spanish is often a common option as the population of Spanish-speakers grows.

As of 2015, the Hispanic population of the United States was 56.6 million, although it is not noted how many are solely Spanish speakers. People of Hispanic origin are the nation's largest ethnic population group making up 17.6 percent of the country's total population, according to census data.

Hispanics are no longer the fastest-growing ethnic or racial group. In 2016, the Pew Research Center reported that the growth of the Latino population has fallen behind the Asian influx, which grew an average of 3.4 percent annually between 2007 and 2014.

KIMBERLY M. AQUILINA



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# EU official: Brexit is opportunity to pull Europe closer together

The European Union Parliament's chief Brexit negotiator on Monday said Britain's decision to make a clean break from the EU was an opportunity to reform Europe and avoid a further breakdown in ties between its remaining member states.

Former Belgian Prime Minister and member of the European Parliament Guy Verhofstadt also said the election of President Donald Trump, and what he views as Washington's move toward more protectionism, is a wake-up call for the EU.

"The Brexit discussion is a good opportunity not only to discuss and negotiate a new agreement, a new partnership with Britain, but also to fix that now it is time to have a real government in Europe," Verhofstadt said



European Union flag GETTY IMAGES

in an interview with Reuters in New York while promoting his new book: "Europe's Last Chance."

In June, Britons voted 52-48 percent to leave the EU, triggering a change of government leadership and the appointment of Theresa May as Prime Minister. On Jan. 17 May said Britain will leave the EU's single market when it exits the European Union. She wants to start the process by the end of March.

However, Britain's Supreme Court will rule

on Jan. 24 on whether parliament must first agree to triggering Article 50, which formally starts Britain's two-year divorce process.

Verhofstadt said it was "far too early" to speculate on the impact for Britain, or the City of London, Europe's biggest financial center.

"It is clear the transition needs to be limited in time. I have seen temporary things become eternal," Verhofstadt said, adding: "What is far more important is a clear triggering of 50, a clear proposal by the British government and how they see the partnership in the future."

"We have to see if they ask for a free trade agreement. It could be something different," he said. **REUTERS**

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## Governors want say on Trump's infrastructure plan

U.S. governors are flagging hundreds of "shovel-ready" projects they regard as high-priority for President Donald Trump's plan to fix the nation's infrastructure.

Scott Pattison, executive director of the bipartisan National Governor's Association, said on Monday his group, at the request of the White House, has assembled a list of 300 projects costing billions of dollars from 43 states and territories, with more expected to come.

"The good part from a bipartisan standpoint is there seems to be full consensus that we have a lot of infrastructure problems in the U.S., a lot of maintenance issues, also things that need building," he said in an interview.

In his inaugural address Friday, the Republican president said the nation's infrastructure "has fallen into disrepair



The American Society of Civil Engineers' infrastructure report card has estimated the United States needs to invest \$3.6 trillion by 2020. GETTY IMAGES

and decay."

"We will build new roads, and highways, and bridges, and airports, and tunnels, and railways all across our wonderful nation," Trump said.

White House Press Secretary Sean Spicer on Monday told reporters that "infrastructure continues to be a huge priority."

Pattison said while it was still early in the process, disagreements are likely over how to fund

infrastructure. He added that governors want "all the tools" to be made available, including cash, municipal bonds, public-private partnerships and federal matching programs.

"One of the biggest issues that has to be faced is that the gas tax has been primarily the way in which we funded a lot of our transportation projects, and that's a declining revenue source," Pattison said. REUTERS

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## Republicans propose giving U.S. states option to keep Obamacare

Two Republican senators said on Monday that U.S. states should be allowed to stay in the Obamacare health care insurance program if they like, with one adding she felt confused by President Donald Trump's broad but unspecific executive order targeting the program.

Trump and congressional Republicans campaigned on a

promise to dismantle Obamacare, and they are working on carrying out that pledge as an early product of united Republican control of the White House and Congress.

But the legislative proposal by Sens. Susan Collins of Maine and Bill Cassidy of Louisiana would let states choose to keep Obamacare or move to a replacement program, for which states would also receive some federal funding.

Cassidy, himself a doctor, said such an approach could help attract Democratic votes that will be needed for the eventual replacement for Obamacare, former Democratic President Barack Obama's health insurance program approved in 2010. It did not, however, win over the Senate's leading Democrat, Chuck Schumer, who denounced the idea as an "empty facade."

Collins, a moderate Republican, called Trump's executive

order issued Friday against Obamacare “very confusing,” adding that whatever actions the Trump administration takes, legislation will still be needed to replace the health insurance law.

"We really don't know yet what the impact [of the order] will be," Collins told a news conference, adding that it will be difficult to assess the impact until there is a new Cabinet secretary in place in charge of health. **REUTERS**



President Donald Trump GETTY IMAGES

# Trump rejects new lawsuit over foreign payments to his firms

The lawsuit seeks to stop Trump from accepting any improper payments, saying a constitutional provision known as the “emoluments” clause bans them.

The lawsuit was filed in U.S. District Court in Manhattan.

It is part of a wave of expected litigation from liberal advocacy groups against Trump, a Republican who took office on Friday.

On Jan. 11, Trump said he would retain ownership of his global business empire while president, but hand off day-to-day control to his oldest sons, Eric and Donald Jr..

Sheri Dillon, a Trump adviser and partner at the law firm Morgan Lewis & Bockius, said at the time the emoluments clause applies to gifts, rather than ordinary business payments such as hotel bills.

She also said that profit generated by Trump's hotels from foreign governments would be donated to the U.S. Treasury.

But CREW said Trump's refusal to cede ownership or set up a blind trust, as urged by the U.S. Office of Government Ethics, leaves him "poised" to violate the Constitution repeatedly while in the White House.

The emoluments clause forbids Trump and other U.S. officeholders from accepting various gifts from foreign governments without congressional approval.

U.S. District Judge Ronnie Abrams, an appointee of former Democratic President Barack Obama, will preside over CREW's lawsuit.

REITER

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# Senate committee backs Tillerson as secretary of State



Tillerson angered some lawmakers during the hearing by saying he did not know that Exxon Mobil had lobbied against Russian sanctions while he was running the company. GETTY IMAGES

President Donald Trump's choice for secretary of state, former Exxon Mobil Corp. Chief Executive Officer Rex Tillerson, narrowly won approval from a Senate committee on Monday but is expected to win confirmation from the full Senate.

The U.S. Senate Foreign Relations Committee voted 11-10 to approve Tillerson, with every committee Republican backing Tillerson and every Democrat opposing his nomination.

His backing by the committee had been in doubt until earlier on Monday, when Republican Sen. Marco Rubio, a committee member, said he planned to back Tillerson.

His confirmation vote in the 100-member Senate, where Republicans hold a 52-seat majority, is not expected before next week.

Rubio said he was troubled by Tillerson's comments during his confirmation hearing regarding Russia as well as other countries, but that he ultimately decided he

would vote to approve the nominee in deference to Trump, as well as to fill a critical top job.

Democrats who voted against Tillerson said their concerns included fears that he might move to lift sanctions on Russia, where he did business for years as an Exxon executive, questions about his views on human rights and unhappiness that he would not promise to recuse himself from matters related to Exxon during his entire term as the top U.S. diplomat.

Tillerson said during his hearing that he would recuse himself only for the one year required by law.

Sen. Ben Cardin, the committee's ranking Democrat, said Tillerson's "business orientation" and responses at his hearing "could compromise his ability as secretary of state to forcefully promote the values and ideals that have defined our country and our leading role in the world for more than 200 years."

REUTERS

## TOP COURT

**White House says to have Supreme Court nominee in next couple of weeks**

President Donald Trump will announce a nominee in the next couple of weeks to fill a vacancy on the U.S. Supreme Court, the White House said on Monday.

"I think we'll have a nomination within the next couple of weeks. He continues to make

that a priority of his," White House spokesman Sean Spicer said at a news briefing.

Earlier this month Trump said he would pick from among 20 candidates suggested by conservative legal groups to fill the vacancy caused by the death of conservative Justice Antonin Scalia in February last year.

REUTERS

## NO MORE LIES

**Trump's press spokesman promises reporters 'never to lie'**

President Donald Trump's press secretary promised reporters on Monday that he would never lie after a weekend briefing in which he made statements about the crowd size for Trump's inauguration that were debunked.

In comments to reporters on Saturday that became known as the "alternative facts" briefing, White House spokesman Sean

Spicer declared that Trump's crowd was "the largest audience to ever witness an inauguration — period."

That assertion was disputed on social media because aerial photographs showed the crowds at Trump's swearing-in on Friday were smaller than Barack Obama's first presidential inauguration in 2009.

Spicer's statement drew further criticism after Trump adviser Kellyanne Conway said

on Sunday the White House had wanted to "put alternative facts out there" to counter what she said was a biased media.

At his first formal White House briefing on Monday, Spicer was asked by a reporter if he intended to always tell the truth from the lectern.

"Our intention is never to lie to you," he replied.

Spicer defended his right to give the administration's point of view.

He said he had been including television and online viewers in his remarks on Saturday about the size of the inauguration crowd. He told reporters that Trump and his advisers had been frustrated by "demoralizing" coverage that he called a "constant attempt to undermine his credibility."

"I want to have a healthy relationship with the press," Spicer said, taking questions for more than an hour. REUTERS

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## Puppies rescued from hotel in Italy



A handout photograph provided by the Italian Fire Department shows rescue crews holding pets as they make search-and-rescue works in the area of the hotel Rigopiano. Three white Abruzzo sheepdog puppies were found in the hotel boiler room, the fire department said on their website. The hotel Rigopiano was hit by a massive avalanche due to earthquakes on January 18. GETTY IMAGES

## Were you sexually abused (as a child or teenager) By the Jehovah's Witnesses?

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Possibly thousands of children were sexually abused by Jehovah's Witnesses officials or persons in authority. A massive cover-up has been apparently in effect for decades. Adult survivors of child sexual abuse are coming forward and you can join them.

#### There *is* healing and justice.

We are helping abuse survivors heal and seek justice, even if their abuse occurred decades ago. It's not too late to receive help and seek accountability of those responsible. This is not something to be handled privately by the Watchtower!

**We will represent you** with sensitivity and confidentiality in this very serious matter. We'll help you seek the answers and compensation you deserve.

**If you have information** about sexual abuse or sexual misconduct within the Jehovah's Witnesses, contact us. Our investigative team is gathering detailed information to help abuse survivors and to protect today's children.

**Learn about your rights.** Empower yourself. Help today's children. Call us today toll-free at **855-401-6295**, or visit **ChildSexAbuse.org** on the web.

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*Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery*

# Knee Arthritis Pain Breakthrough?

## Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

### "The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar  
America's Health Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like you.

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

#### The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

**One path is non-surgical.** You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed your diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

#### The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

**But - and this is a very big but...** even though this procedure has improved dramatically... it is not without risk.

In fact, a \$500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

#### Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

#### Sounds Great Right?

It does But... viscosupplementation has not worked for many people.

**There are two very important reasons why:**

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

medical camera and fluoroscopic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

#### No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging **completely miss the joint space about one third of the time.**

cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

**But that's not all** - for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

#### Here's How To Find Out If We Can Help You

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

**After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.**

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they had given up until they read some information just like this and they came in to see us.

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The worst thing that can happened is you find out this treatment is not for you.

But what if we really can help you?

What if we really can get rid of some of all your pain?

What would that be worth you?

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## Why Is This Treatment In Such High Demand?

### "Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

**Here's what that means and why it is so important to you.**

This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or

eliminating pain.

**Precision Arthritis Targeted Technology Or PATT** means that we use extremely advanced digital imaging to make sure this lubricating gel is placed precisely where it is supposed to go. This means treatments have the best chance for success.

Doing this procedure without this advanced technology often leads to misplaced lubricating gel and failure.

Another secret to success is using multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers

stem cell therapy and platelet rich plasma (PRP). PRP is being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain Relief MD offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD Relief doctors. NY Pain Relief MD doctors are experts at this procedure and have successfully done thousands.

It is NOT pain pills and grueling exercises. We think it is...

#### Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

**In other words, your joints basically "dry up."**

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

**In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.**

So, there are some people that will not get results with this treatment.

#### Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. That's why "Precision Arthritis Targeting Technology" or PATT is always used. PATT uses a special

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

**Can you see why this treatment has not worked for so many?** And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures - **it could work for you?**

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

**But one of the biggest successes** is when patients who were told they needed joint replacement surgery

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# Croatian Jews to boycott Holocaust remembrance event over 'relativization' of crimes

International Holocaust Remembrance Day is held on Jan. 27 each year, the date in 1945 when the biggest Nazi concentration camp, Auschwitz in occupied Poland, was liberated by Soviet troops.

Croatian Jews said on Monday they would boycott the country's main Holocaust remembrance event this week, accusing the authorities of playing down crimes perpetrated under the Nazi-backed Ustasa regime during World War II.

Three months ago, rightist veterans of Croatia's 1991-95 independence war raised a commemorative plaque

in the town of Jasenovac to comrades killed there at the beginning of the conflict Zagreb fought to secede from Serbian-led Yugoslavia.

Included in the veterans' plaque are words from a salute used by the Ustasha regime that killed tens of thousands of prisoners including Jews, Serbs, Roma gypsies and anti-fascist Croats, in the 1941-1945 Jasenovac concentration camp.

That prompted the association representing Croatia's remnant population of Jews, numbering somewhat over 1,500, to pull out of its primary Holocaust remembrance event, which is normally conducted in the Zagreb parliament.

"We took the decision on the basis of reactions



Croatian Prime Minister Andrej Plenkovic GETTY IMAGES

ernment of Prime Minister Andrej Plenkovic — now on an unrelated visit to Israel — proposed last month forming a commission that would legally regulate reappearances of symbols from any past totalitarian regime.

Kraus dismissed the gesture. "If swastika or Ustasha symbols are equated with the [communist] red star, what are we talking about? Are we going to revise history? Establish a commission to tell us what World War II was about?" he said.

Croatian society has been divided since independence over how to treat both the Nazi collaborationist and communist past of the ex-Yugoslav republic, now a European Union member state. **REUTERS**



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# Climate activist killed in Florida while on barefoot US walk

Florida authorities were investigating on Monday the death of an activist who was struck by a car and killed over the weekend while on a campaign to walk barefoot across the United States to draw attention to climate change concerns.

Mark Baumer, 33, was walking on the shoulder of a road in Walton County in north Florida on Saturday afternoon when the driver of a Buick SUV swerved out of her lane and struck him, according to the Florida Highway Patrol. He died at the scene.

Charges were pending, it said in a statement. No further information was available on Monday, and the crash remains under investi-



Mark Baumer FACEBOOK

***Mark was doing the walk to raise awareness about climate change and to raise funds for FANG."***

FANG, in a Facebook post

gation, Florida Highway Patrol spokesman Lieutenant Eddie Elmore said in an email.

Baumer was raising funds for the FANG Collective, which has opposed the natural gas industry, the group said on Facebook.

"Mark was struck by a car while on his long journey walking across the country barefoot," the group said in a post. "Mark was doing the walk to raise awareness about climate change and to raise funds for FANG."

The Rhode Island resident was chronicling his journey online. His last post, two days ago, celebrated his 100th day on the road from northern Florida.

REUTERS

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- > To exclude yourself from the Class you must send a letter postmarked no later than April 30, 2017, with your (i) name, (ii) address, (iii) telephone number, (iv) signature, and (v) say you want to be excluded from *Guilino v. BOE*. Send the letter to Guilino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000.
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  - E-mail: [questions@gulino11igation.com](mailto:questions@gulino11igation.com);
  - Write: Guilino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000; or
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## John Legend responds to racist paparazzo

John Legend has spoken out about the paparazzo that compared him to a monkey.

Last Thursday, the "Love Me Now" singer and wife Chrissy Teigen touched down at JFK airport, and were verbally harassed by a bonehead paparazzo. Teigen immediately took to Twitter to recount the experi-

ence, writing, "Paparazzi at JFK just asked me 'if we evolved from monkeys, why

is John Legend still around?' ... Also, John is right next to me. The balls."

Appearing at Sundance on behalf of "Underground," which he

executive produced, Legend got real about the experi-

ence with Variety.

"Black folks have had to deal with being called monkeys for a long time, and dehumanization has always been kind of a method of racism and subjugation of black people and that's just part of American history — and it's part of the present, apparently." He continued, "I'm not hurt by someone saying that to me because I'm smarter, I'm stronger." Let's get a couple of things straight: Calling black people monkeys, or even associating their ap-

pearance with apes is racist AF, period. It's literally never acceptable. Second of all, John Legend is super, super fine and extremely, very talented. If you want something to shout at him, call him "sweet cheeks" or "very beautiful" or "a sight to behold." Maybe shout out, "Hey! I really loved your debut studio album 'Get Lifted!'" You know, something positive and nice and not racist and awful. Just a suggestion.

the word

RACHAEL CLEMMONS

## Liam Payne's close call at a Hollywood nightclub



Liam, my sweet baby, are you OK? Shots were fired outside of the illustrious Peppermint Club in West Hollywood, and the one-time One Direction member was inside, and if anything were to happen to that precious child, I swear to Dumbledore. TMZ reports that an unidentified man attempted to get in with a fake ID, and when he was denied he

made his way to the parking lot where he fired several shots into the air. Police found multiple shell casings on the ground after he fled the scene. Nobody was hurt, and Liam reportedly left about 30 minutes after the incident. Thank goodness the ex-boy-bander is safe: he's expecting his first child with girlfriend Cheryl Cole this year.

## Stacey Dash is fired from Fox News

Stacey Dash — who won our hearts a mere 22 years ago as Dionne in "Clueless," and then stomped on our hearts by being one of those people that say crazy, unhinged things for attention — has officially been fired from Fox News. Karma's a b—, ain't it?

Dash has made herself into quite the controversy-ridden conservative pundit, but she hasn't been seen on air since last September. She debuted on Fox News in May 2014, and in her brief time with the network she both made an expletive filled rant about Barack



Obama and made disparaging, transphobic remarks about Caitlyn Jenner. What a cool lady!

Let's be honest. Dash mostly just revels in the attention she gets from making ignorant statements on Twitter. Taking away her biggest

platform is probably the only good thing Fox News has ever done.

One more quick thing, though: As of Monday, Jan. 23, her profile still lists her as a Fox News contributor, so it looks like she's not in denial at all and is taking the news really well.

## Iggy Azalea has a new boo, and he's very handsy

Iggy Azalea is still around and apparently, she has a new boo boo. The "Fancy" rapper was spotted making out with music producer IJay Currie on a yacht — a



freaking yacht! — during a super-duper, well, fancy vacation in Mexico. It's been a minute since we've seen Azalea,

who has been keeping a pretty low profile since her split with fiancé Nick Young. She publicly blasted Young for very messily cheating on her.

Nobody really knows who this new dude is, but Us Weekly notes that he is a "burgeoning musician," and also that he has "tattooed biceps," for what it's worth. Azalea was previously linked to Khloe Kardashian's ex, French Montana.

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# Billy Crudup can fake-learn new skills

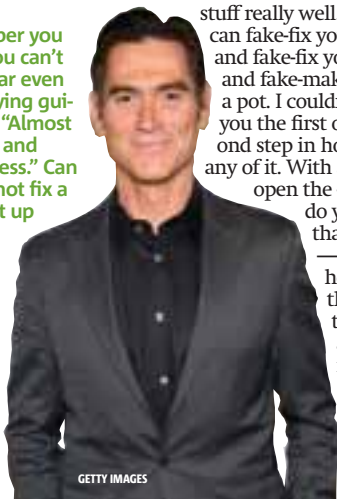
The actor cannot fix your car after playing a handyman in "20th Century Women."



MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

In "20th Century Women," Billy Crudup plays the token adult dude. He's William, a 40-something mechanic and handyman who's moved into a house in 1979 Santa Barbara. His landlord is Dorothea (Annette Bening), a lefty matriarch whose tenants also include a cancer-survivor (Greta Gerwig) and a teenage girl (Elle Fanning), plus Dorothea's teen son (Lucas Jade Zumann). The movie follows them as they live their lives, coping with times that are about to change. The self-effacing Crudup talks to us about playing a guy who's good around the house — and how that didn't change his life.

I remember you saying you can't play guitar even after playing guitarists in "Almost Famous" and "Rudderless." Can you still not fix a car or put up dry wall after doing that in "20th Century Women"? I have to say that one of the



GETTY IMAGES



Billy Crudup plays William, a masculine but sensitive fixer-upper who finds himself living in a house with mostly females in "20th Century Women," now in theaters. **A24**

great virtues — and also drawbacks — of acting is you get the opportunity to learn how to fake new skills. People are always under the impression you actually learned a new skill. That's not true at all. I don't know how to do any of the s—I've ever done on camera. But I do know how to fake doing stuff really well. So I

can fake-fix your car, and fake-fix your wall, and fake-make you a pot. I couldn't tell you the first or second step in how to do any of it. With a car, I open the — what do you call that thing? — the hood, then you tinker around in there, and then they yell "cut."

**So, tell me how one excels at fake-learning new skills.**

You talk to the guy, who says, for example, "You put this wire with this wire." You don't actually have to understand why you're doing it. You do the action, you pretend you know what you're

talking about, and then you're done! It's pretty much the trick for every part of acting, whether it's feelings or engine wiring.

**Obviously, not every actor feels the same way.** I know some actors — professionals — who do

But seriously ...

One thing you might know something about is 1979, when this film was set. You were 10 or 11 then, so you probably weren't listening to, say, all the great music that's in this film. Unfortunately, I was not terribly hip at the time, so I was not aware of the music scene. But I was very aware of the political scene. The household I grew up in, there were a lot of opportunities to talk about politics. At the time, sexual politics were changing pretty dramatically; they were in the midst of an upheaval. American men in general were struggling to find a way to find what their role was going to be in the modern age.

That left a lot of people like William behind. He was incapable of finding the words or the models to manage this new life. William lucked into his relationship with Dorothea, because she ended up being the linchpin helping him define himself anew. Without that encounter, I don't know if he would have moved on to another relationship and another chance to grow up. I have the sense he might have been fixing houses, for lack of a better gig, for the rest of his life.

learn how to do this s—I'm more of a fake-it kind of guy.

**Daniel Day-Lewis goes super-duper Method.** For "The Crucible" he learned how to build 17th-century houses. That was clearly foolish. How many times have I

said that! [Laughs] Come on! He's gotta find a hobby.

**Seriously, when is learning how to build old-timey houses going to come in handy?** Never! Unless he has to build a bookshelf for all his awards.

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# He's our man

Three musicians on how Leonard Cohen was a folk rock hero, ahead of tonight's star-studded tribute.



A.D. AMOROSI  
@MetroPhilly  
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The death of poet/singer-songwriter Leonard Cohen in November came just weeks after the release of his coolly caustic, spiritually searing final album "You Want It Darker." If anything, the Canadian singer's brand of melancholy, introspective rock has only gotten more popular since he began making music in 1967 with "Songs of Leonard Cohen."

Cohen's sensual monotone may be gone, but he's now the subject of tributes and even a never-before-shown cinematic documentary. Believed to be lost, director Tony Palmer's "Bird on a Wire," which captured Cohen on a long, intimate tour throughout Europe in 1972, gets its first screenings this month at Film Forum (through Jan. 31). At the Music Hall of Williamsburg, "Sincerely, L. Cohen: A Celebration of Leonard Cohen" brings together 18 artists of differing genres covering their favorite Cohen tracks. There are elders of punk rock and urbane folk (Lenny Kaye, Richard Thompson), distant family members (Teddy Thompson, Lucy Wainwright Roche), nu-Appalachian music makers (Amy Helm, Elvis Perkins) and more on hand

for an evening of tribute to arguably America's finest songwriter.

We asked "Sincerely" performers Lee Ranaldo of Sonic Youth, Adam Weiner of Barack Obama-recommended band Low Cut Connie, and Americana singer Josh Ritter to share their personal stories of how Cohen's music influenced them.

## Lee Ranaldo

Ranaldo is best known for his '80s rock-punk roots in Sonic Youth. He'll be joined by Brooklyn guitarist Steve Gunn; their new album, "Electric Trim," is due out in May.



PANOS GEORGIOU

"You may not be able to pinpoint the influence of Cohen [in Sonic Youth], but Leonard's influence has been absolutely huge — I've loved his records forever, and the early ones in particular are a deep part of my musical life. His life story has fascinated me forever. Last year my family and I were on the Greek island of Hydra where Leonard famously bought an old house for \$1,500, which is still in his family today. We sought the place out just to stand outside it on the narrow alley where it sits.

"When I started ex-

ploring acoustic guitars again and revisiting my love for the singer-songwriters of the '60s, '70s, '80s and beyond, Leonard's music once again proved a big influence. I love the pictures of his life and his world, the way his songs were a reflection of his experiences and his thinking — I hope to be able to approach that level of insight in my own work."

## Josh Ritter

The singer's *Sermon on the Rock* tour is ongoing; you can also catch him at City Winery on Feb. 2-4.

"I love Leonard and have since the beginning of my life and my career. He certainly inspired me from the beginning. I think his music stands on its own from word one. It even lifts off the page by itself. I try and write songs because I desire his. His way

## "Everybody Knows"

"The song is a masterpiece, a craggy column of fire; it could have been written in Roman times or yesterday, and it will tell the tale every time," says Low Cut Connie's Adam Weiner of "Everybody Knows," the iconic Cohen tune he'll be singing at the tribute concert. "Leonard really achieved a deep level of truth-telling in that song. And I think it's a truth we need to hear right now."



LAURA WILSON

with a graceful phrase, his foresight and his wit are each worth aspiring to. There are many songs of mine that have come from moments of looking to Cohen. I am lucky to have drawn breath at the same time as him. To quote Cohen himself: "There is a crack in everything/that's how the light gets in."

## Adam Weiner

Currently putting the finishing touches on a new Low Cut Connie album due this spring. "Leonard has been

described in almost shamanistic high priest terms, as if he descended from a mountain flush with wisdom and genius. I do not agree. In my estimation he was the ultimate craftsman, working slowly and steadily, crafting works of great beauty and humanity.

"He wrote his life and his experience with humor and feeling for the human condition that his songs seem to transcend time. Isn't that the greatest thing an artist can aspire to? That he could take an ugly hunk of rock and whittle it



GETTY IMAGES

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down to a figure that will stand and be felt for generations? Leonard sat at a typewriter with his Spanish guitar and did just that.

"His 2008 comeback shows were easily the most powerful concert I've ever attended; total gravitas. Light and dark in equal measure. Total connection to his own words from the bottom of his shoes to the top of his fedora. He inspired me to be always connected to your words. Don't just wear them as a mask, but live them and be truthful for your audience."

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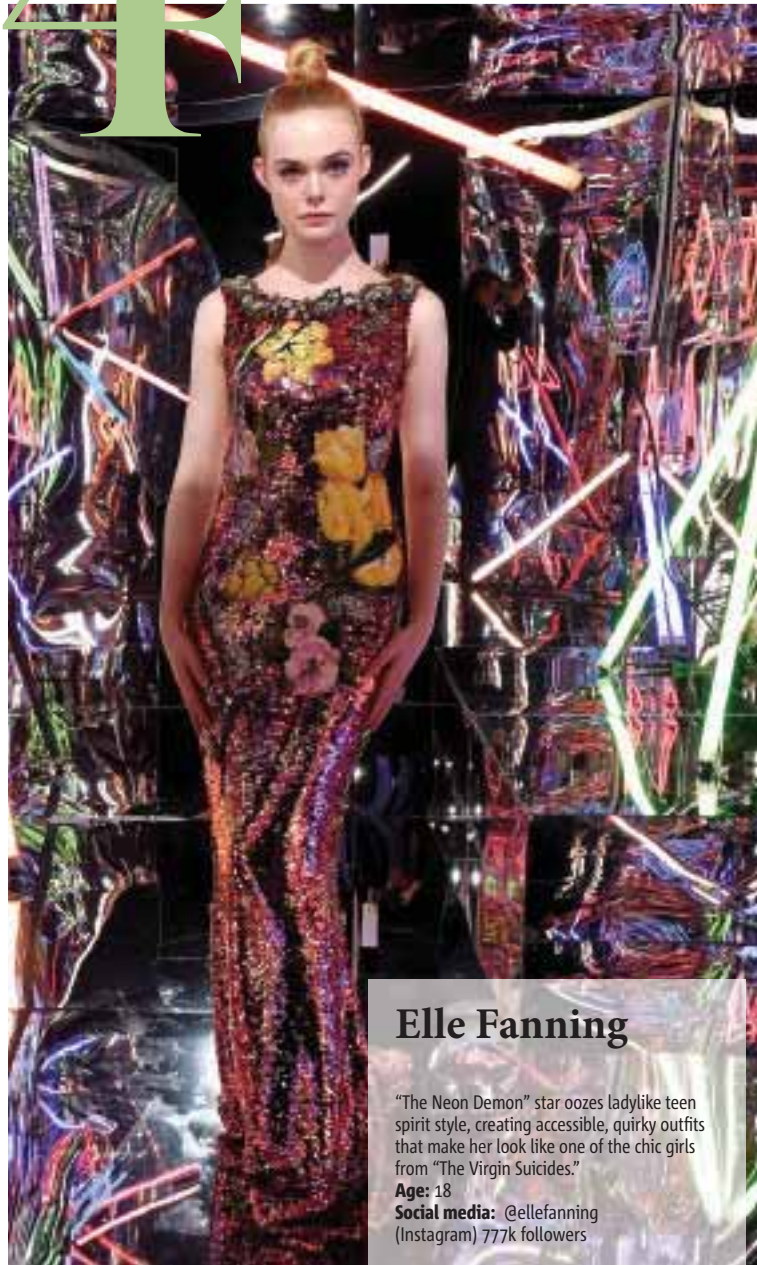
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# 4 New queens of style to follow

LUZ LANCHEROS / MWN



## Elle Fanning

"The Neon Demon" star oozes ladylike teen spirit style, creating accessible, quirky outfits that make her look like one of the chic girls from "The Virgin Suicides."

**Age:** 18  
**Social media:** @ellefanning (Instagram) 777k followers

## Ruth Negga

The Ethiopian-Irish actress is now in the spotlight for her role in 2016's historical drama "Loving." With her stylist Karla Welch, the 35-years-old creates eclectic, feminine looks bursting with textures and colors. Negga loves Valentino, Prada and Rodarte.

**Age:** 35  
**Social media:** @\_ruthnegga (Nonofficial Instagram) 1.4k followers



## Millie Bobby Brown

The English actress has become a style icon and she's not even 13. The "Stranger Things" star is a regular on best dressed lists that laud her glamorous-yet-age-appropriate looks.

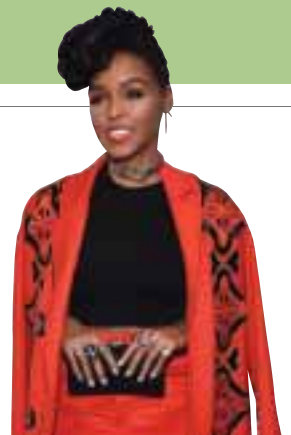
**Age:** 12  
**Social media:** @milliebobby\_brown (Instagram) 2.1m followers



## Janelle Monae

This has been quite the year for the singer-songwriter and "Hidden Figures" actress who loves prints and strong silhouettes. Hats, Balenciaga capes and color blocks are just some recurring themes that make up her distinct, signature look.

**Age:** 31  
**Social media:** @janellemonae (Instagram) 1.3m followers



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Rebecca Scritchfield, a Washington, D.C.-based nutritionist and author of "Body Kindness," believes that the food choices we make are key to our health and happiness.

"When it comes to work and productivity, food is going to be the fuel that lasts us through a long workday, basically until we get home and can have dinner. Being able to choose quality food matters," she says.

We asked Scritchfield for advice on what to eat to better sustain us throughout the day, from a mid-morning snack to a late afternoon pick-me-up, plus how to avoid unwanted stress eating and sugar crashes courtesy of the vending machine.

### Mid-morning snack

For when the morning's caffeine buzz is wearing off and lunch is still at least an hour away, try a snack of banana with pea-



ALL PHOTOS ISTOCK

nut butter, or a serving of yogurt — and make it full-fat, "which increases your satiety, your body's signal to stop eating," she explains.

Instead of a greasy bag of chips, try pistachios, which are full of fiber, protein, healthy fat and can serve as stress relievers by virtue of the way you consume them. "You have to crack each one open, which gives you something to do with your hands, and slows down your eating," she says.

### Late afternoon pick-me-up

Around 4 p.m., it's common for energy and focus to drop. If you're feeling distracted or peckish, these snacks can help you

power through.

Try crunchy, hydrating veggies — baby carrots, grape tomatoes, mini cucumbers — dipped in hummus, a great source of protein and healthy fat. "Think of it as dinner one. You want something savory and chances are you didn't get enough veggies yet in your day," says Scritchfield.

Alongside the veggies, enjoy the hummus with a (small) portion of pita chips or pretzels for the salty, carbohydrate fix you might be craving.

Scritchfield stresses B vitamins as essential to harnessing energy, explaining that they're often the pump-up ingredients in junky, sugar-filled energy drinks. Instead of a Red Bull, have a snack of vitamin B- and protein-rich jerky.

### Eating for anxiety

There are foods that play a role in our body's production of serotonin, the "feel good" neurotransmitter that's essential to our sense of calm and well-being. Because bacteria in our gut synthesize the majority of our body's serotonin, Scritchfield says it's vital to eat foods that help grow and nourish a healthy gut microbiome.

To do so, you need a mix of prebiotics (that contain fibers that feed the gut bacteria) and probiotics (that contain live bacteria).

An easy prebiotic: kiwi, also a good source of vitamin C. Slice one open and eat at your desk with a spoon.

Fermented foods, like kimchi and miso, are good sources of probiotics. Another is kefir, a fermented drinkable yogurt that you can sip while you work. Probiotics are also important to eat if you're on antibiotics, as they can help replenish the good bacteria the antibiotics kill as a side effect.

These choices won't necessarily reduce your stress in the moment — "It's not like, you're feeling anxious, so have some yogurt," Scritchfield says — but in the long term, adding them to your regular diet will help you maintain a healthy level of serotonin in your body.

For another lean protein boost, Scritchfield loves tuna packed in olive oil, in the jar or can. She recommends filling avocado halves with tuna and enjoying with a spoon. (It could also serve as a last-minute mini-

lunch.) Bonus: Tuna is a great source of omega-3 fatty acids, which benefit your heart, skin and bone health.

### If your sweet tooth is kicking in

Instead of a Snickers, opt for trail mix with nuts, dried fruit and dark chocolate. Scritchfield suggests making your own in bulk, then portioning out into small baggies for the week.

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# WITH CARMELO AND PHIL AROUND, THERE WILL ALWAYS BE DRAMA

## MARC MALUSIS

### OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.  
@marcmalusis



On Saturday at MSG, it was more of the same for the Knicks, which was a tough-luck loss at home. As they fell to the Phoenix Suns, 107-105, you continued to ponder what went wrong for this franchise this season. They are now 19-26 and a season that looked to show so much hope and promise for relevance, now looks lost once again.

The story at MSG simply does not change. The names change, but the ineptitude of the franchise just rolls along with the power of the Acela Express. With all the drama, as a lifelong Knicks fan — they just seem to love to suck the care out of you.

With all of that, Carmelo Anthony still wants to be a Knick. I think we need to finally come to the conclusion that he is not going anywhere. He does not want to be traded right now and, hey, well, good for him. He signed the deal in the summer of 2014, a five-year, \$129 million deal and was given a full no-trade clause, which means if he does not want to be traded, then he is not going anywhere.

When making the decision to stay in New York, Anthony was certainly fired up.

"I am a New York Knick at heart. I am looking forward to continue my career in orange and



Carmelo Anthony maintains that he wants to stay in New York. GETTY IMAGES

blue and to work with Phil Jackson, a champion who builds championship teams," he said at the time. "Madison Square Garden is the mecca of basketball and I am surrounded by the greatest fans in the world."

At the time, Jackson was excited to have Anthony back as well.

"After three months of questions around Carmelo Anthony's return to the New York Knicks, we are now happy to know that we have the cornerstone of what we envision as a 'team of excellence,'" Jackson said. "Steve Mills and I have assured Carmelo through our conversations that we share the vision and the determination to build this team."

A lot has changed since July of 2014, when Anthony decided to come back to the Knicks — most notably the attitudes of both Jackson and Anthony toward each other. Jackson continues to leak stories and info to columnist Charley Rosen of FanRag Sports when he is upset with Anthony or the direction of the Knicks on the court. It was Rosen who wrote that Anthony had

"outlived his usefulness in New York." That prompted the response from Anthony: "If they feel like my time in New York is over. I guess that's a conversation we should have."

This led to a meeting between Jackson and Anthony last week in which Jackson asked Anthony if he wanted to remain with the Knicks. He said he did. That should have ended this storyline, right? Not so fast. There was another report later in the week that Anthony would reconsider his stance on staying in New York if Jackson came to him and told him that he wanted to trade him.

The drama just does not end with the franchise. This is not a James Dolan issue, amazingly enough, because he has stayed out of the way. It is more of a Jackson issue. He can't stop tripping and falling over his own ego — especially if it comes down to the style of the game the Knicks are playing or the style of basketball his star player plays. Listen, if he did not like Anthony as a player, then he should never

have re-signed him in the summer of 2014. He should have been confident enough to believe that there is life after Carmelo Anthony.

Anthony is the same player he has always been, an elite level scorer. He is not LeBron James and he will never be that caliber of play-

er. He does not make guys around him better, but he is also not the biggest issue on this team. The Knicks could win with Anthony if they knew how to put a team around him. Unfortunately, Jackson has not shown that capability. That is the biggest issue with this team,

not the style of play of Carmelo Anthony.

But let's focus on the future of Carmelo and not the job done by Phil Jackson. The only mastery that Jackson has shown since being named Knicks President is that he's strong with social media. That is a problem.



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# Rutgers with a Super connection

Current program could see boost thanks to big game recognition.



KRISTIAN DYER  
@KristianRDyer  
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Five, count 'em, five players from Rutgers are headed to the Super Bowl in 12 days, despite coming from a program on the wrong end of so many headlines for 148 years of college football. The five representatives from Rutgers in Houston will be the most of any college football program.

The New England Patriots four representatives from Rutgers: safety Duron Harmon (Delaware), cornerback Devin McCourty (Nyack, New York), cornerback Logan Ryan (South Jersey) and linebacker Jonathan Freeny (South Florida) represent the touchstones for this program's recruiting success over the years. That Atlanta Falcons wide receiver Mohamed Sanu,



The Patriots' roster is littered with former Rutgers players. GETTY IMAGES

who had five catches and a touchdown in helping his team get to the Super Bowl, hails just minutes away from Rutgers in central New Jersey underscores that the program can be a national contender if the best from the state stay home.

That four members of the New England Patriots and one Atlanta Falcon who all at one time donned scarlet will square off in the biggest football game of the year is something not lost in the college football world, a place where Rutgers endured a 49-0 loss last year. But this

program that started college football in 1869 with a win over Princeton has something to finally cheer about again and it is a point that can resonate as they close out the recruiting cycle.

All five players hail from the "State of Rutgers" — that mythical recruiting turf birthed by former head coach Greg Schiano as he tried to fend off the likes of Penn State, Boston College, Syracuse and Miami from raiding the Garden State for top talent. This geographic turf coined by Schiano extended beyond New

Jersey's borders to include parts of New York (both city and state) as well as Southeastern Pennsylvania, Delaware and Florida.

According to NJVarsity.com, Rutgers has grabbed 10 of the top 35 players in New Jersey including an impressive four of the top 10 players. They potentially could be adding another player or two or maybe three from this list when it is all said and done, a recruiting class that is currently No. 39 in the nation and could close out strong over the next two weeks until National Signing Day.

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100%

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### Across

- 1 Hunter's wear
- 5 Speeder's bane
- 10 Actor -- Guinness
- 14 TV host -- Trebek
- 15 Uniform color
- 16 Quote
- 17 Antony or Chagall
- 18 Tip-to-tip measure
- 20 Staff members
- 22 Horse
- 23 Game fish
- 25 Cargo space
- 26 Fairy tale locale
- 27 1865 yielder
- 28 "... -- Old Cowhand"
- 32 Whisper loudly
- 33 Rushes
- 35 Irene of "Fame"
- 36 Sporty truck
- 37 U.K. country
- 38 Speaker pro --
- 39 Joker or ace
- 41 Decree
- 43 Fish-eating flier
- 44 Lightweight toy
- 45 A thousand G's
- 46 Not in the country
- 48 Unattach
- 50 Globe features
- 51 More than one
- 54 Operates a ferry
- 55 Right-triangle side

57 In that case (2 wds.)

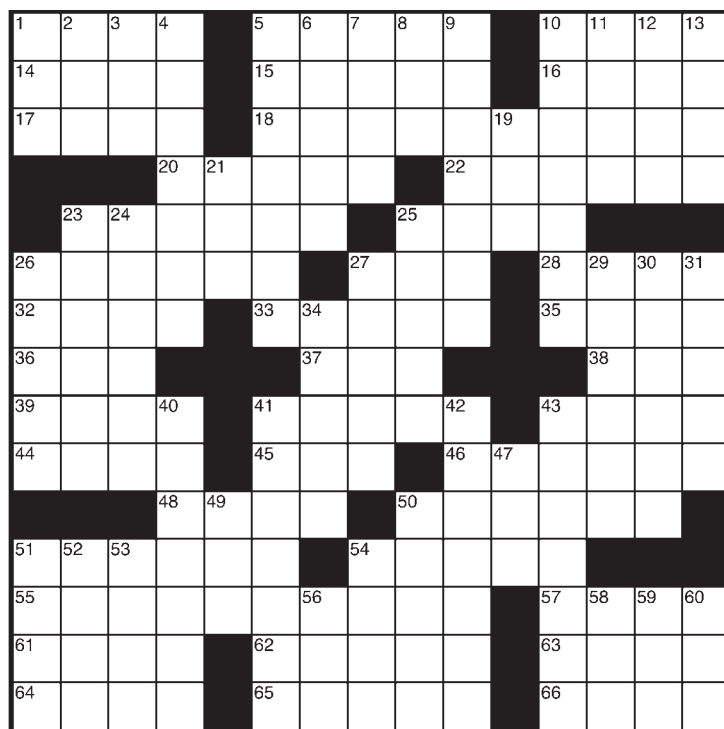
- 61 Bearded flower
- 62 Pounds the keys
- 63 XII, on a sundial
- 64 Advanced, as cash
- 65 Barely enough
- 66 Firms up

### Down

- 1 Engine part
- 2 Menu term (2 wds.)
- 3 Debussy subject
- 4 Farm vehicles
- 5 More noisy

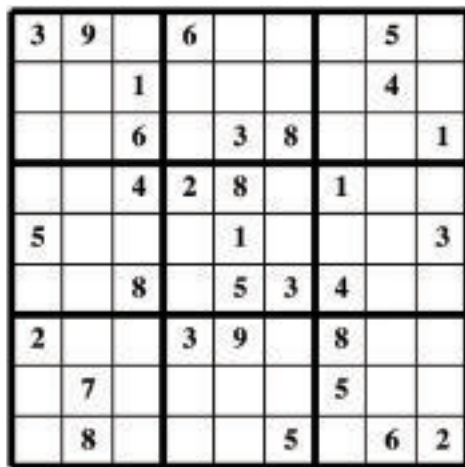
- 6 Non-earthling
- 7 Rackets
- 8 Dow Jones fig.
- 9 Saves from disaster
- 10 Plastic
- 11 "Instead of" word
- 12 Depot info
- 13 Yield, as territory
- 19 Chum
- 21 Not up to snuff
- 23 Rum drink (2 wds.)
- 24 State boldly
- 25 Beat around the bush
- 26 Norris or Berry
- 27 Tennis great Ivan --
- 29 She runs the house
- 30 Rock concert venues
- 31 Titled
- 34 Hair-raising
- 40 Thaw
- 41 Brunch favorites
- 42 Most suggestive
- 43 VCR function
- 47 Honey maker
- 49 Wharf denizen
- 50 Ole of "Hellzapoppin"
- 51 Noted groundhog
- 52 Harp kin
- 53 Go -- -- smoke
- 54 Cocoon dweller
- 56 Wall St. locale
- 58 Hostile party
- 59 Our sun
- 60 Add -- (extras)

## metro.us/crossword

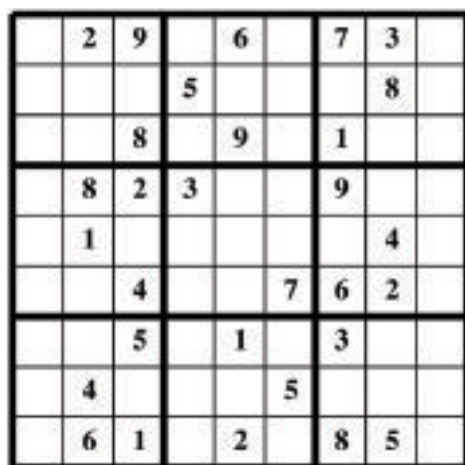


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Observation and experimentation can be great teachers. Live and learn without venturing too far from home. Problems while traveling can be expected.



**Taurus** Use the information you collect to help you make personal gains. Be cautious when dealing with institutions and government agencies.



**Gemini** Anger is best contained. You may not like what others do, but it's in your best interest to bide your time. Concentrate on personal growth and positive interaction.



**Cancer** Don't be tempted to alter your lifestyle just because someone else does. Do what makes the most sense and brings you the most joy. Romance are encouraged.



**Leo** Don't let anger or disappointment take charge. You need to control your temper and focus on taking action instead of wasting time in arguments.



**Virgo** Sign up for an event or network with people in your industry. It's important to keep up with the most recent trends. Your charm will capture attention.



**Libra** Sudden and unexpected changes will take you by surprise. Be careful how you handle domestic and partnership situations that can influence your security.



**Scorpio** Explore your creative ideas and test your theories. A physical change will help you distance yourself from someone who has a negative influence on your life.



**Sagittarius** Don't take risks that can hurt you emotionally, physically or financially. Express your thoughts and gain approval in order to make a transition easier for you.



**Capricorn** Don't be fooled by what others do or say. Follow your heart and your plans. Refuse to let unexpected changes lead you astray.



**Aquarius** You can make a difference if you bypass negative people. Stay focused on bringing about positive change and making new beginnings.



**Pisces** Good intentions will not be enough if you don't follow through with your plans. Money will slip through your fingers. Don't take on a financial burden. **EUGENIA LAST**

### Yesterday's answers



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